

# We get the point...ouch!

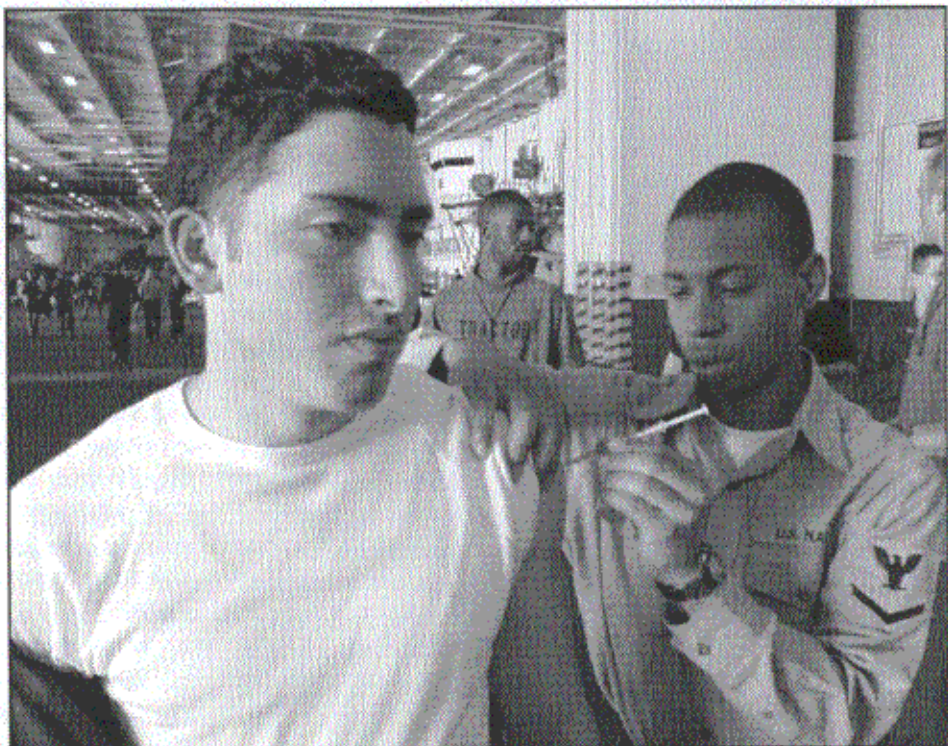
## It's flu season

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So maybe it wasn't so bad after all. A little poke of a small needle and before you know what happened it's time for the next person in line to get their shot.

Prior to reaching San Diego, all of ship's company will be required to get the flu shot. A green sticker is placed on the identification cards of those who have braved the shot in the arm.

According to HMI Fred Gallegos, medical department, the flu shot is for Influenza type A and B, and triggers the body's immune system to attack the full



blown version should the virus attempt to make its way into an unknowing host.

A few symptoms may occur from getting the shot, but it's nothing compared to what would happen to an unprotected individual.

Gallegos adds that an ounce of prevention is worth a pound of cure. "It's very important because it helps to prevent people from getting the flu. It helps keep Sailors productive and on the job. Some people may feel symptoms similar to a cold, but they shouldn't get flu symptoms. It's an Influenza virus vaccine, type A and B. The body will build immunity to the flu and back home right now it's the flu season."

As the crowds gathered in hangar bay two, another event was unfolding on television screens throughout the ship — Super Bowl XXXV. Most Sailors lined up before the game started to get their shots out of the way so they wouldn't miss a play.

However, by halftime, New York Giant's fans who couldn't stand the pain of watching their team get pummeled headed to hangar bay two for something less painful. "We had some competition

